



Thinking About Hiring an Apprentice or Upskilling Your Team?

Whether you're planning to bring in new talent or develop your existing staff through apprenticeships, don't go it alone! Before signing anything, get in touch with the [Training Hub](#) or speak to [Kevin](#), our Apprenticeship Lead directly — we'll walk you through the process and make sure everything runs smoothly from the start.

Bonus! we can support you in applying for a Levy Transfer to cover the cost of apprenticeship programmes. That means no direct cost to you – just great training and development opportunities! Reach out today – we're here to help. [Apprenticeships - bswtraininghub.nhs.uk](#)



STOP PRESS: CPD Funding Reimbursement Update



Important Update for All Practice Managers

From 1st September 2025, all invoices for CPD funding reimbursements and any related queries should be directed to the BSW Training Hub inbox at:

bswicb.traininghub@nhs.net

Please do not send invoices or queries directly to Helen Edwards. This change ensures that your requests are processed promptly, especially during periods of staff leave.

Thank you for your cooperation in helping us streamline the reimbursement process.



What's included in this issue: *(and more...!)*

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FOCUS ON: Opportunities for Nursing Associates working in BSW Primary Care

1. Preceptorship Programme – Now Open to Nursing Associates

Did you know that newly qualified and new to primary care Nursing Associates can also access the Preceptorship Programme? This is a funded, fully online programme that Nursing Associates can join in either February or September each year. They will gain competencies related to their role and receive support throughout the programme.

2. Access to CPD Funding

CPD monies are available to Nursing Associates for training and development of their role. Practices have selected their practice needs and Nursing Associates can discuss development with their lead nurse and practice manager.

3. Motivational Interviewing Training – Fully Funded

The training provides useful techniques, different ways of communicating with patients/carers about change. Professionals who have attended this day have found it incredibly useful during patient consultations.

4. Mental Health First Aider Training

1/4 of us will experience a mental health issue and this 2-day training will equip nursing associates to recognise mental ill health and help support patients and staff find the support they need. For more information, contact: bswicb.traininghub@nhs.net

5. Tell Us What You Need

We're committed to supporting Nursing Associates across BSW. If you identify any additional needs or support requirements, please don't hesitate to get in touch.

Contact: tina.fear@nhs.net

Bite-Sized Equality, Diversity and Inclusion (ED&I) Training

Season 2 of our Equality, Diversity & Inclusion (ED&I) mini-series has officially concluded – and what a season it's been! Packed with powerful insights and thought-provoking discussions, these short sessions are designed to spark ideas, challenge perspectives, and support inclusive practice across all primary care multidisciplinary teams.

Catch up now – all Season 2 recordings are available, ready for you to explore at your own pace – and if you missed Season 1, those are available too!

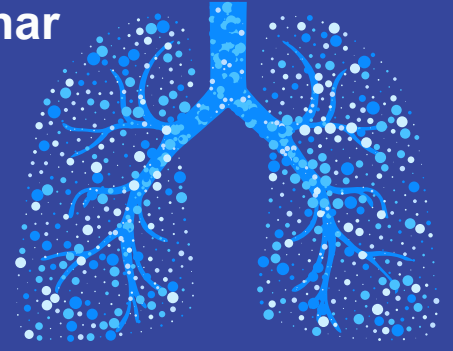


Ask About Asthma Webinar

Thursday 11 September 12:30-13:15

A 45-minute webinar chaired by Darush Attar-Sadeh, Respiratory Lead Pharmacist.

- Primary care update
- Focus on MART and AIR for General Practice



Register here: [#AskAboutAsthma: Primary Care Webinar | NHS England Events](#)

Joining instructions will be emailed to registered delegates closer to the event. For further details, click [here](#).

WEBINAR: Working with parents and carers - Strategies to support emotional regulation delivered by Swindon Mind

Tuesday 23 September 12.30-13.30

Supporting parents and carers - Strategies to maintain emotional regulation. The webinar will be delivered by Lynette Buebird from Swindon Mind and will focus on:

- The parts of the brain involved in stress responses
- Practical strategies to support emotional regulation in children and adults
- Impact of social media on mental wellbeing



[Join the meeting now](#)

Mental Health First Aid – Online Training

Dates: 14th, 15th, 20th & 21st October 2025 (Four half-day sessions).

Format: Live online sessions via MHFA England Learning Hub.

Gain practical skills to support mental wellbeing, spot signs of mental health issues, and guide others to appropriate help. Includes self-learning activities and a structured action plan.

Limited places (16 per course) – apply early to secure your spot.

To apply: Email bswicb.traininghub@nhs.net



This Month's Wellbeing Feature: September Wellbeing Tips

Week 33 – Sleep Smart

A consistent sleep routine is key to wellbeing. Aim for a cool, dark, quiet room and swap screens for a book before bed - blue light from devices disrupts sleep. No late-night scrolling or binge-watching!



Week 34 – Boost Joy with Gratitude

Want to feel happier? Expressing gratitude - whether spoken or written - can lift your mood and others'. It's quick, easy, and free!



Week 35 – Decision Day Prep

Facing a busy day? Plan ahead the night before, tackle key tasks first, and fuel up with healthy snacks and drinks. A well-fed brain makes better decisions.



Week 36 – Email Energy Drain

Emails can be exhausting. Try batching responses, setting specific reply times, and unsubscribing from clutter. Sometimes, a quick call or chat is more energising!



Support the Future Workforce: Host a T Level Health Student

Local colleges are actively seeking placements, which come with a small placement tariff. Hosting a student not only supports their development but can also bring real capacity benefits to your practice. For further information click [here](#).

One T Level is equivalent to three A Levels - see [T Level FAQs](#) for more answers to frequently asked questions about T Levels.

Training Hub Team



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(Portfolio with GP Education)



Milly Ballentyne
Nurse Fellowship
2025 - 2026



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